

SELF CARE FOR COLD SYMPTOMS

Symptoms	Home Remedies	Over-the-Counter	Generic Name	Common Brand Names (Look for store brands)
	Stuffy Nose	<ul style="list-style-type: none"> • steam inhalation • saline nose drops 	<ul style="list-style-type: none"> • decongestant—thins the mucus (read the label for a child's dose) 	<ul style="list-style-type: none"> • Sudafed • Congespirin/Neosynephrine
	Runny Nose	<ul style="list-style-type: none"> • for red, raw nose, dab on petroleum jelly or salve, or use tissues with lotion 	<ul style="list-style-type: none"> • antihistamine—dries you up (read the label for a child's dose) 	<ul style="list-style-type: none"> • Benadryl • Chlor Trimeton • Tavist
	Cough (dry-hacking)	<ul style="list-style-type: none"> • drink more water • use a room humidifier • suck on hard candy • gargle (warm salt water) 	<ul style="list-style-type: none"> • antitussive—helps stop the cough 	<ul style="list-style-type: none"> • dextromethorphan • Delsym
	Cough (moist)	<ul style="list-style-type: none"> • drink more water 	<ul style="list-style-type: none"> • expectorant—helps cough up germs 	<ul style="list-style-type: none"> • guaifenesin • Robitussin
	Sore Throat	<ul style="list-style-type: none"> • gargle (warm salt water) • don't smoke • suck on hard candy 	<ul style="list-style-type: none"> • throat lozenges 	<ul style="list-style-type: none"> • menthol • benzocaine • Cepacol • Spec T • Cepastat
	Fever/ Muscle Aches	<ul style="list-style-type: none"> • sponge bath • cool compress • rest in bed • heating pad on sore muscles • relaxation techniques 	<ul style="list-style-type: none"> • analgesic—pain-killer 	<ul style="list-style-type: none"> • acetaminophen • aspirin (adults over 20 only) • ibuprofen • naproxen • Tylenol • Anacin, Bayer, Bufferin, Ecotrin • Motrin, Advil, Motrin IB, Nuprin • Aleve
	Watery Eyes/ Sneezing	<ul style="list-style-type: none"> • avoid things you are allergic to or that cause irritation 	<ul style="list-style-type: none"> • antihistamine—dries you up (read the label for a child's dose) 	<ul style="list-style-type: none"> • diphenhydramine • chlorpheniramine • clemastine • Benadryl • Chlor Trimeton • Tavist
			<ul style="list-style-type: none"> • decongestant—thins the mucus (read the label for a child's dose) 	<ul style="list-style-type: none"> • pseudoephedrine • phenylephrine • Sudafed • Congespirin/Neosynephrine
	Earache	<ul style="list-style-type: none"> • place a warm wash cloth or heating pad set on low against the sore ear • drink more water • rest 	<ul style="list-style-type: none"> • analgesic—pain-killer 	<ul style="list-style-type: none"> • acetaminophen • ibuprofen • Tylenol • Motrin, Advil, Motrin IB, Nuprin
			<ul style="list-style-type: none"> • decongestant—thins the mucus (read the label for a child's dose) 	<ul style="list-style-type: none"> • pseudoephedrine • phenylephrine • Sudafed • Congespirin/Neosynephrine

✓ Read the entire label about warnings and proper use before taking medication.

✓ Ask your pharmacist or physician about drug interactions if you are taking any other medication or herbal product.

✓ Many products contain multiple ingredients.

WHEN SHOULD I CALL MY HEALTH CARE PROVIDER?

Children

GET IMMEDIATE CARE:

- ▶ Noisy, rapid or difficult breathing
- ▶ Neck pain or stiffness
- ▶ Blue or gray around lips, mouth or fingernails
- ▶ Will not wake up easily

CALL YOUR PROVIDER ABOUT:

- ▶ Fever
 - Age 2 months or less: 100.2 F or higher rectally
 - 3-6 months: 101 F or higher
 - Over 6 months: 103 F or higher
 - Fever for more than 2 days
- ▶ Body rash
- ▶ Worsening pain in one or both ears
- ▶ Cannot keep fluids down or refuses to drink
- ▶ Infant with fewer wet diapers or no tears
- ▶ Continued vomiting
- ▶ Cold symptoms for more than 10 days
- ▶ Other symptoms that concern you

- Antibiotics do not kill viruses.
- Most colds, coughs, and sore throats are caused by viruses.
- As much as 50% of antibiotic use is unnecessary.
- Using antibiotics when they are not needed may harm you or your child by creating stronger germs.

Adults

GET IMMEDIATE CARE:

- ▶ Painful or difficult breathing, wheezing, or difficulty swallowing

CALL YOUR PROVIDER IF:

- ▶ Pregnant with cold symptoms
- ▶ Heavy smoker with cold symptoms
- ▶ Chronic illness (such as lung problems, diabetes or heart disease) with cold symptoms
- ▶ Symptoms worsen after 3 days
- ▶ Still sick after 10 days
- ▶ Pus in the back of your throat
- ▶ Fever for more than 3 days
- ▶ Severe headache with fever
- ▶ Worsening pain in one or both ears
- ▶ Severe sore throat pain without runny or stuffy nose

**YOUR BODY WILL FIGHT
A COLD ON ITS OWN.
COLDS CAN LAST LONGER
THAN TWO WEEKS.**

**Wash your hands often
with soap and warm water
to prevent the spread of colds.**

**Antibacterial soaps are
not needed.**

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Alliance Working for Antibiotic
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Washington State Medical Association

Sources: American Academy of Pediatrics,
Centers for Disease Control and Prevention,
Mayo Clinic, South Carolina Careful
Antibiotic Use Taskforce

WHAT CAN I DO

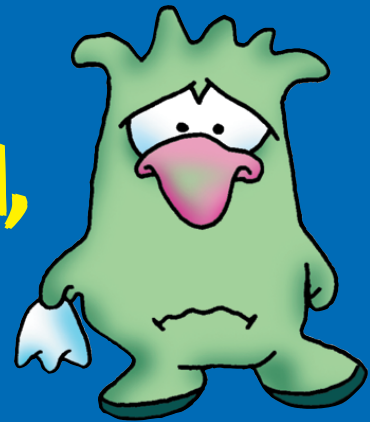
to FIGHT a

COLD,

COUGH,

OR

SORE THROAT?



KNOW COMMON

SYMPTOMS AND

EFFECTIVE REMEDIES



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